

SUMMER SALADS

SALADS make excellent summer meals from everyone's point of view. Dietitians are pleased because of the mineral values and the Vitamins A and C in the raw vegetables; the housekeeper is happy because she is spared the hot cooking (especially as she is probably using the stove for making jams and jellies and preserving vegetables), and yet she knows that the family is being healthily fed; the family likes the change from hot dinners, and also finds a cool meal very appetising, besides not being spoilt if they are late home from tennis; and the "washer-up" has no greasy dishes and few saucepans to scour—always a disliked job. The only dissatisfied members of the household are the cat and dog! Not much for them after a salad meal!

Don't discard the outer green leaves of lettuces, because they seem less tender and young than the inside ones, for they really have a considerably higher calcium and vitamin content than the pale, inside ones. Use also some green celery tops in your salads, and plenty of parsley, for extra flavour and for vitamins. The fresher the green vegetables, the more Vitamin C—hence the value of being able to grow one's own, and pick them just as one wants them. If you have to buy them, don't buy too much at a time. It is much better if you have a refrigerator to store them in, as they lose their Vitamin C in proportion to the time they

are at ordinary "room temperature." Don't leave green vegetables soaking for long in cold water; just wash them and shake them well, and partly dry in a clean towel before shredding. The salad dressing has then a much better flavour, being undiluted by the water on the leaves.

Any left-over cooked vegetables, such as potatoes, peas, and beans, should be added to your salad, and raw onions (not only "spring") are very good.

Substantial Salads

To make the salad substantial add grated or sliced cheese, sliced or chopped hard boiled egg, chopped cold fish or meat or ham or tongue—almost anything in fact. Salads are the answer to what to do with the little bits left over. Put them in the salad, and serve with a good dressing or mayonnaise.

Do not fall into the habit of just cutting up lettuce and a few slices of tomato, and calling it a salad. Remember to include watercress, if it come from a safe source, carrots grated finely, celery chopped small, cucumber cut thinly, raw beetroot cooked and diced, and young tender cabbage leaves, besides the parsley and celery tops, cooked peas and beans and potatoes sliced as already mentioned. And also—a very important thing—include some fruit in your salad, and something sweet, too, like

stoned dates or raisins. A slice of pineapple cut in halves, a half pear, some segments of orange, a good bit of chopped apple—all these make the modern salad a real delight. It is surprising how one misses the fruit and the sweet pieces after having them even two or three times. Use care and imagination in arranging the salad—don't let colours clash, like putting carrot and tomato and beetroot next each other. Work out some good ideas; and then pass them on to us all, in this page, in the true spirit of the helpful Daisy Chain.

Savoury Egg and Potato Salad (American)

Make the potato salad by cutting up 6 medium hot cooked potatoes into small cubes or slices, and pouring over them, while still hot, a dressing composed of 3 tablespoons of vinegar mixed with one teaspoon of sugar, a shake of pepper and salt, also a tiny white onion grated fine, a good tablespoon of minced parsley, and if liked, $\frac{1}{2}$ cup of salad oil. Then put the whole away to chill. Cut 4 hard boiled eggs in halves, lengthwise. Remove the yolks, and mash them; mix them with 1 teaspoon chopped chives, and a tablespoon of good mayonnaise, and refill the whites with the mixture. Mix a dressing of 3 tablespoons of salad oil, 3 tablespoons of mild vinegar, a teaspoon of onion juice, a seasoning of pepper and salt, a dash of paprika, and a dessertspoon of chopped parsley. Now chill.

Home-Made Fly Paper

Mix together 8 parts of melted resin to 5 parts of castor oil. Heat, and spread on paper, or wires. Can be kept in tins, and used as required.

N.B.—If fly paper accidentally becomes stuck to any material sponge immediately with carbon tetrachloride.

Arrange the salad in individual plates thus: In the middle of each plate put a mound of the potato salad, on each side put half a savoury egg, in between these arrange some asparagus tips, either home cooked or tinned, and put lettuce leaves or shredded lettuce all round. Pour a little of the chilled dressing over. Serve with any favourite mayonnaise and brown bread and butter.

French Dressing

As this dressing is specified in the making of so many salads, I give a recipe for it here. Mix together this quantity in a screw-top jar, and shake until thoroughly blended each time before using. Combine $1\frac{1}{2}$ teaspoons of salt, $\frac{1}{4}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon paprika, and a cup of salad oil. Then beat in one-third of a cup of mild vinegar.

In smaller quantities, combine 3 tablespoons of salad oil, $\frac{1}{3}$ teaspoon of salt, $\frac{1}{4}$ teaspoon paprika, and a few grains of pepper, then gradually beat in one tablespoon of mild vinegar.

Mixed Salad

It is an excellent idea to prepare the salad in individual plates. You are then sure that each person gets his fair share of everything; and it is all ready beforehand, and so easily served. Cut a good lettuce with a firm heart into two or four pieces, depending upon the size, leaving it in one piece. Wash it well and dry a little in a cloth. Put it cut side up on a plate, and place upon it half a hard boiled egg, cut lengthwise, and on each side of the egg a thick strip of cheese. Now half a slice of pineapple on each side of the plate, or one piece of pineapple and half a pear, or two halves of pear, either ripe, and raw, or timed, and no pineapple. This can be varied with tinned or raw half-peaches or apricots as the season advances. Slices of tomato and cucumber may be placed alternately round the edge of the plate. A few dates and raisins popped in among the lettuce leaves makes a lovely addition. Serve this with your favourite

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